

FAMILY KARATE RONIN DOJO

Brown
1st Kyu

Congratulations! You're an ichi kyu.

It has been a long road; sometimes hard, sometimes not. It is a road on which you have persevered for some time. Black belt is in sight.

The brown belt color stands for maturity. A tree grows green, but the wood becomes hard and strong when it matures and turns brown. You have a goal in front of you beyond brown. You will need all of that maturity to attain that next goal. Black belt is achievable. You only need to prepare. You may have little notice when asked to test. Be ready! Use the next six to twelve month to work on the following:

- Perfect the basics, with snap and accuracy
- Acquire expert technical knowledge of: kicks, blocks, punches, strikes, stances, ippon kumite, kata and bunkai
- Prepare to perform kata: all pinan kata, at least one kata from each kyu, at least one kata from each independent study group, and Bassai Dai
- Work on kumite:
 1. Be able to apply the 5 types of defense, and the 5 opportunities to attack.
 2. Develop your own fighting style.
 3. Understand maii, kime, zanshin, tai and ashi sabaki, as applied in kumite.
 4. Be able to analyze different opponents and develop strategies to defeat them.
 5. Develop and understand the importance of Ki to achieve victory.
 6. Work for control of all technique you use in kumite to enhance you ability to learn with a partner.
 7. Develop both your right and left side and your ability to spar from both.
 8. Adjust you attitude toward kumite so you can relax and move smoothly.
 9. Help teach, for nothing teaches like teaching.

Prepare you paper on 'What Karate-do Means To Me'. This is a very personal paper not on karate, but on the way of karate - karate in your daily non dojo life. Retrace you years of training and write about the lessons, the life lessons, learned from your training and give examples of how you have applied those lessons. This is a difficult paper to write. It requires a truthful look at yourself and facing facts.

NAME

LAST TEST DATE

BELT SIZE

DATE

Family Karate

Ronin Dojo

Brown
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BROWN BELT (Ichi Kyu) CURRICULUM

You will know you are ready to test when you can demonstrate all previous techniques and;....

KIHON:
(basics)

Blocks, punches, strikes and kicks in 1 count with good form, speed and power. Relaxed. Use strong focus and powerful hips. Equal on R and L side. Stances consistent with proper width, depth, angle and posture. Moving stances: Speed & power off the line, hips level and relaxed with Hara forward.

KATA:
(forms)

Concentrate on quick, focused techniques; eye contact, proper targeting, timing, spirit (kiai), snapping hip motion must initiate power. Demonstrate quick movement off the line in proper stance, posture. Hips must stay level and must initiate power. Embusen correct. Must know at least one study kata.

GOSHINDO:
(self defense)

2 advanced defenses (escapes) for each situation done quickly, sharply and relaxed. Correct with strong kiai and zanshin.

IPPON KUMITE

Defend using all past ippon techniques with sweeps. Must have good timing, distance. Show bunkai. Light contact to body. Show control. Use targets, takedowns and sweeps.

KOBUDO

Ask your instructor.

KEY WORDS:

R&L Side Equal, Control, Quick, Kiai, Hips, Take Downs, Zanshin.

TECHNIQUE	√	GRADE	TECHNIQUE	√	GRADE
Mae Geri			Tettsui Uchi		
Mawashi Geri			Shuto Uchi		
Yoko Geri			Zenkutsu Dachi		
Ushiro Geri			Shiko Dachi		
Gedan Barai					
Age Uke			Neko Ashi Dachi		
Soto Uke			Kokutsu Dachi		
Uchi Uke			Kata of Choice with instructors permission		
Shuto Uke			*** <i>Independent study Kata</i>		
Oi Zuki			Kururunha, Shisoshin		
Gyaku Zuki					
Technique Combinations			Ippon Kumite		
Hijate Goho			Weapon Kata of choice		
			Goshindo: Arm Strangle		

***Must know at least one by before Shodan-ho

WRITTEN: What Karate-do Means To Me

ORAL: General Knowledge